



CONTROL  
MEASURES  
FOR NEGATIVE MAC

Scores



The **Manual Handling Assessment Chart (MAC)** is used to evaluate the risk of manual handling tasks, with higher scores indicating greater risk. If a task has a **bad MAC score (high risk)**, control measures should be implemented to reduce the risk of injury. Here are some key control measures:

### High MAC Score? Here's how to cut the risk in Manual Handling Tasks!



#### 1. Avoid Manual Handling Where Possible

- Use mechanical aids (e.g., trolleys, hoists, conveyors, vacuum tube lifters).
- Redesign processes to eliminate unnecessary lifting.



#### 2. Reduce Load Weight and Size

- Break down large loads into smaller, manageable units.
- Use lighter materials or smaller packaging.



#### 3. Improve Handling Techniques

- Train workers in proper lifting techniques (e.g., bending knees, keeping a straight back).
- Encourage team lifting for heavy or awkward loads.



#### 4. Optimize Workplace Layout

- Store heavy items at waist height to reduce bending.
- Minimize carrying distances.
- Reduce the need for twisting or awkward postures.



#### 5. Improve Environmental Conditions

- Ensure adequate lighting and clear visibility.
- Maintain dry, non-slip floors.
- Keep walkways free of obstacles.



#### 6. Implement Administrative Controls

- Rotate tasks to reduce repetitive strain.
- Set weight limits for manual handling tasks.
- Provide frequent breaks to prevent fatigue.

” *Would you like recommendations specific to a particular type of lifting task?*  
We have innovative lifting solutions to optimise your handling processes.

## HEALTH PROTECTION WITH VACUUM TUBE LIFTERS

Maintain physical performance throughout the work day – FIPALIFT for ergonomic handling

Lifting and carrying heavy loads is part of everyday work in many professions frequently back pain, and even injuries. Oftentimes the right techniques are not used, or weight limits are simply ignored. Musculoskeletal disorders are ranked first on the list of reasons for days of absence from work due to incapacity published in the 2012 BKK health report.

On this page, we would like to provide a brief guide to correct lifting and carrying techniques, as well as an overview of recommended load weights. Look after yourself and the health of your employees – with FIPA as your perfect partner.

Recommendations for load weights when lifting and carrying by hand

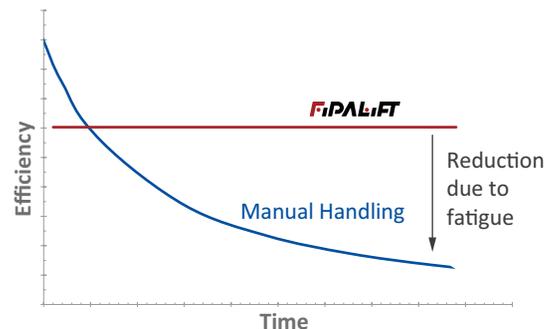
Source: Bavarian State Office for Occupational Safety, Occupational Medicine and Safety Technology

When transporting loads by hand you must generally move your entire body weight, and ensure upright posture by tensing the muscles. It is not just large loads that are difficult to transport. Small loads can also impose considerable strain if body positioning is incorrect. In addition, employees' performance decreases dramatically with each carrying or lifting task.

According to Section 2 Para. 1 of the German ordinance on the handling of loads (Load Handling Ordinance), employers are generally required to avoid manual handling of heavy loads that could pose a health risk.

Section 5 of the German occupational safety act (Occupational Health and Safety Act) states that if the above conditions cannot be met, the risk posed by heavy lifting and carrying must be assessed. This can lead to temporal and quantitative restrictions on activity.

Our experts will be happy to advise you on ergonomic material flows in warehousing, production, and dispatch, even coming to your premises if required. Our FIPALIFT tube lifter provide the perfect aids to relieve the strain on you and your employees in the long term.



Say goodbye to back pain – and hello to FIPA solutions!



bad



correct



even better



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## WHAT DO YOU WANT TO HANDLE? WE CAN **MOVE** EVERYTHING

With know-how, expertise, flexibility and professional project management, we guide you to the best solution for your handling task in vacuum, gripping and lifting technology.

## AUTOMATION SOLUTIONS ACCORDING TO **YOUR NEEDS**

We are your global partner for all requirements in the industrial automation industry. Thanks to our many years of experience, reliability and flexibility, we always find the right solution to maximise your process reliability.

Production and logistics mean movement. In most industries, products are picked up, held, deposited, turned, turned over, positioned and lifted.

Vacuum technology can be used to move workpieces safely and quickly, but above all to handle them gently and without causing damage. We have a comprehensive range of innovative and high-quality products for all these applications. With our customer-specific solutions, you can optimise your production processes while supporting your employees in their daily work.

In addition to vacuum cups and vacuum components, we offer a comprehensive range of gripping and fastening elements. In our product catalogues at [www.fipa.com](http://www.fipa.com) you will find a summary of our complete range.



We keep moving for **you** so that production and logistics run reliably and smoothly.



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